

10 Healthy Snacking Tips

Snacks and mini-meals provide many of the nutrients you and your family need to be healthy. Do you know which foods boost snacking nutrition? This simple rule makes smart snacking easier: Plan snacks from at least two of the five food groups—Milk + Milk Products; Vegetables; Fruits; Grains; and Meat + Beans.

Pick a few snacking tips to try this week:

- Make time to shop more often to keep healthy snacks—cheese, fruit, vegetables—fresh and available.
- Enjoy protein-rich foods such as nuts, hard-cooked eggs, cheese or yogurt for satiety and long-lasting energy.
- Pair healthy foods with indulgent ones. Eat carrot sticks with a favorite dip or make a trail mix of nuts, dried fruit and chocolate chips.
- Swap out less nutritious snacks gradually. Instead of a candy bar every afternoon, try fruit sorbet or frozen yogurt with nuts.
- If you are on the run, make a quick smoothie with frozen fruit, yogurt and juice. Drink it on the road!
- Remember that snacks have calories too. Enjoy snacks but make your portions smaller at mealtimes.
- Set a snack schedule—perhaps every three to four hours—to minimize mindless nibbling.
- Plan ahead. Eat a healthy snack before attending an event if “better-for you” snacking options will not be available. Put out small portions of healthy snacks while watching TV.
- Make sure you have a way to keep perishable items cold. Pack foods in an insulated lunch bag with a small ice pouch, or freeze foods that will be cool but thawed by snack time.
- Make snacks fun by chopping colorful fruits and vegetables into small portions or using cookie cutters to cut sandwiches into different shapes.

Protein-Packed Snack Ideas

Which protein-rich snacks will you select to feel full longer?



Whole-grain crackers
and cheddar cheese



Rice cakes with
peanut or
almond butter



Low-fat
yogurt with
apple slices
and dash of
cinnamon



Trail mix with nuts,
cereal and dried fruit

String cheese and
veggie sticks



Handful of nuts and a
glass of chocolate milk

